



Avocado Pesto Sauce

30 minutes

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 2 avocado(s), ripe
- 20 g basil
- 50 g nuts
- salt
- pepper
- 50 g parmesan cheese
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 clove(s) of garlic
- 50-100 ml olive oil

To serve

- 1 bread
- 200 g cherry tomatoes
- sprig(s) sea fennel
- parmesan cheese, shavings

Method

For the avocado pesto sauce:

- Add all of the ingredients, apart from the olive oil, to a food processor.
- Beat for 2 minutes, until the nuts break down.
- Then add the olive oil and grated parmesan.
- Beat to combine.
- Your avocado pesto sauce is ready.

To serve:

- Preheat oven to 180* C 9350* F) Fan.
- Cut the bread into slanted slices and bake for 10-15 minutes, until golden and crunchy.
- When ready, remove from oven and set aside for 1-2 minutes to cool.
- Spread crunchy bread slices with avocado pesto sauce. Add some cherry tomatoes, sea fennel and parmesan shavings.

Διατροφικός πίνακας

Nutrition information per portion

451 Calories (kcal)	44.0 Total Fat (g)	9.0 Saturated Fat (g)	2.9 Total Carbs (g)
23%	63%	45%	1%
1.2 Sugars (g)	9.0 Protein (g)	0.9 Fibre (g)	0.46 Sodium (g)
1%	18%	4%	8%